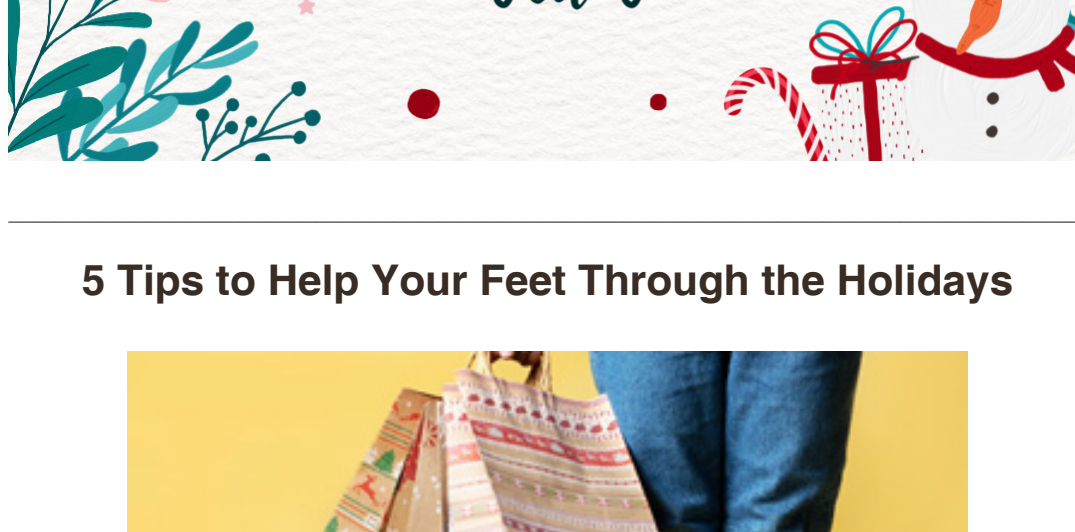


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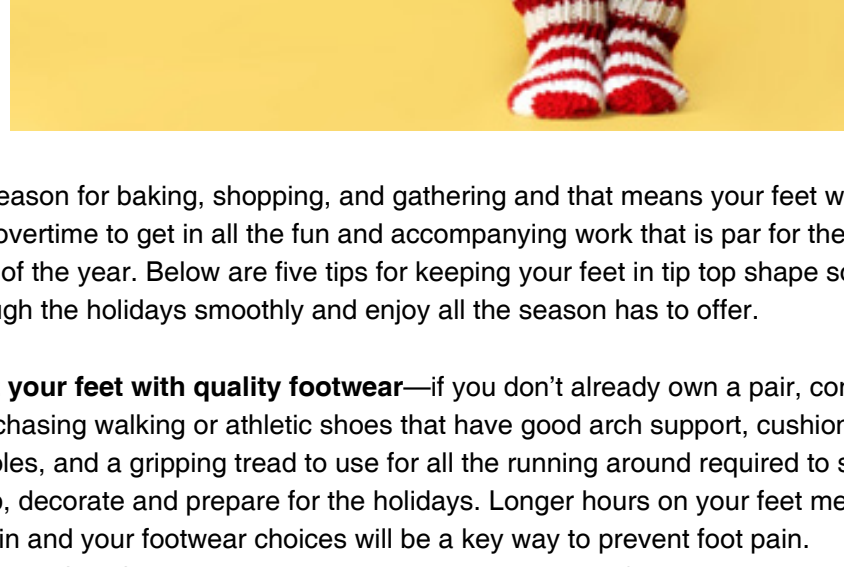
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EXCITING DEVELOPMENTS ABOUT OUR PUEBLO WEST LOCATION COMING SOON!

We are excited to announce we have purchased a building in Pueblo West. Targeted to open in the beginning of 2023. More details to follow.



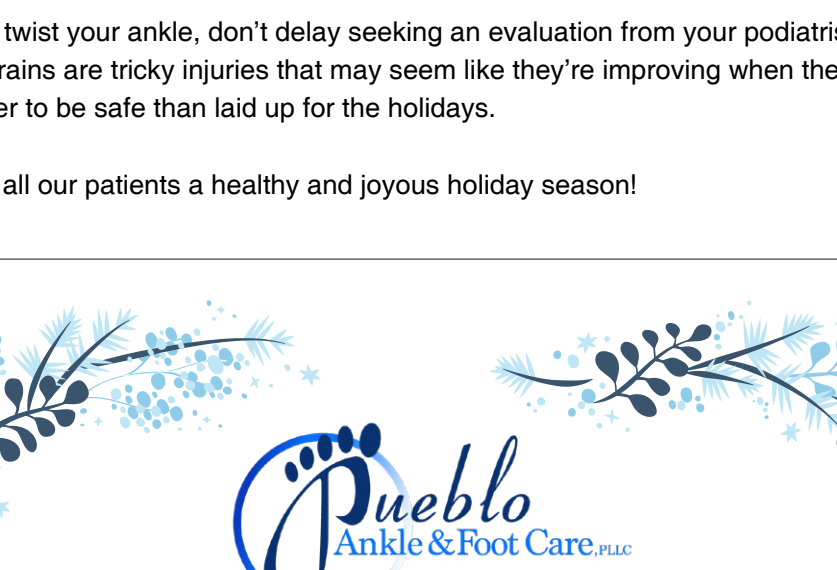
5 Tips to Help Your Feet Through the Holidays



Tis the season for baking, shopping, and gathering and that means your feet will be working overtime to get in all the fun and accompanying work that is par for the course this time of the year. Below are five tips for keeping your feet in tip top shape so you can sail through the holidays smoothly and enjoy all the season has to offer.

1. **Gift your feet with quality footwear**—if you don't already own a pair, consider purchasing walking or athletic shoes that have good arch support, cushioned insoles, and a gripping tread to use for all the running around required to shop, ship, decorate and prepare for the holidays. Longer hours on your feet means more strain and your footwear choices will be a key way to prevent foot pain.
2. **Be mindful of chronic podiatric conditions**—plantar fasciitis, Achilles tendonitis, bunions and other ongoing foot problems don't take time off for the holidays. Be sure to follow all your podiatrist's recommendations for managing a chronic foot problem and make time to visit the foot doctor if your feet are bothering you.
3. **Don't neglect basic foot care**—having lots to do, leads to thinking "skipping one time won't hurt," but failing to moisturize your feet at night, keeping toenails trimmed properly and other foot care can cause future foot problems.
4. **Put your best foot forward for special occasions**—holiday parties and family get-togethers are often a time for festive fashions accented with dressy footwear. High heeled shoes and boots, however, can cause foot problems. You don't have to avoid them entirely but limit the time you spend in these types of shoes.
5. **Make smart choices to avoid holiday weight gain**—carrying excess weight both causes and exacerbates foot and ankle disorders. Try to balance high calorie foods with nutrient dense salads and other good choices and don't let your exercise regimen fall off your calendar.

Avoid an Ankle Sprain This Winter

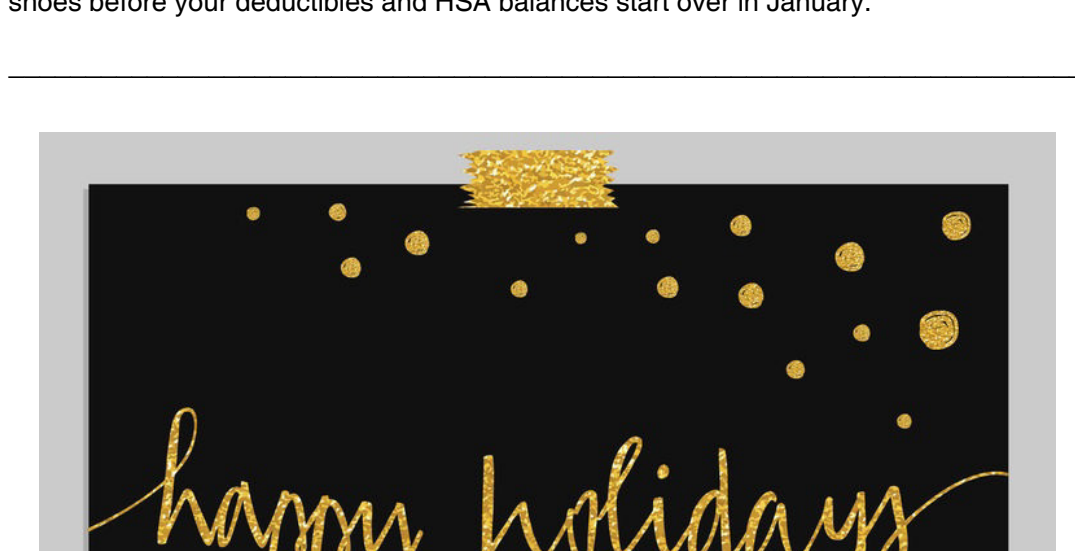


There are several reasons why the number of ankle sprain injuries goes up during the winter months. If you live in a climate that gets cold this time of the year, you will have ice, snow, sleet and freezing rain coating roads and walkways increasing your risk of a slip or fall. But even in more temperate climates, more activity during the holiday season, a longer to-do list, and less time to do it all combine to create scenarios where ankle twisting injuries can occur. Below are some ways to reduce your risk:

- **Don't overcarry**—armloads of packages when shopping, visiting, and traveling will make it difficult to see the path in front of you. It's best to make multiple trips to and from the car rather than try to walk when your vision is obscured.
- **Pack your heels**—if you're headed to a party and have to walk a substantial way while traveling there or have a long driveway or walkway to get to the door, consider wearing good walking shoes and bringing your holiday heels in a separate bag. You can easily duck into a bathroom and change once you arrive and spare your ankles.
- **Leave yourself some extra time**—many ankle sprains and other injuries occur because people are rushing. This can lead to missing a curb or step or not seeing a slippery patch on your path and taking a tumble. Building even an extra 15 minutes into your schedule when you're trying to get somewhere can eliminate that pressure.
- **Choose your path carefully**—if you do have to deal with icy, slippery conditions, plot your course. Before you get out of your car, take a moment to see where the most cleared areas are and proceed accordingly.
- **Carry a little kitty litter**—a small, sealed plastic baggy of cat litter in your pocket can save the day if you get to a place you have to cross over that looks slick. Sprinkle the litter before you and walking on it to get some extra traction.

If you do twist your ankle, don't delay seeking an evaluation from your podiatrists. Ankle sprains are tricky injuries that may seem like they're improving when they're not. Better to be safe than laid up for the holidays.

We wish all our patients a healthy and joyous holiday season!

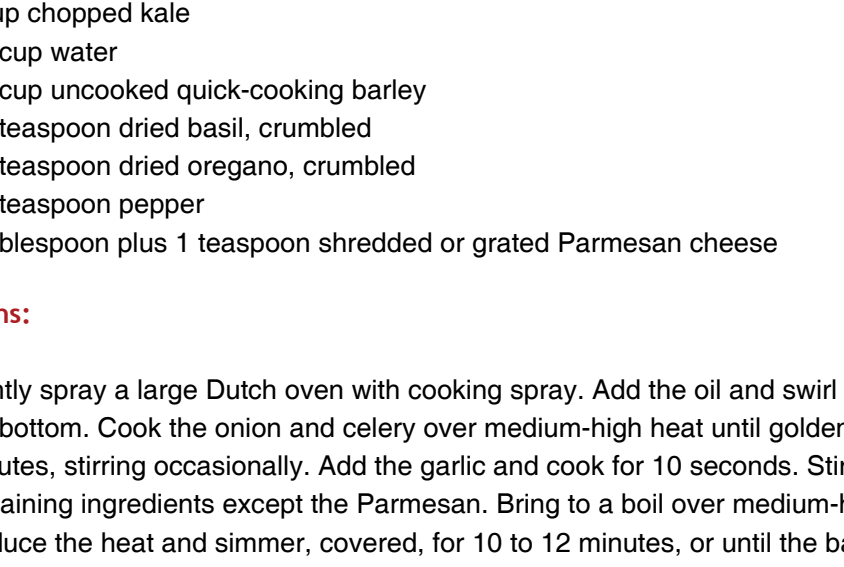


Reminder to all patients

Take advantage of your HSA accounts or if you have met your deductible by ordering a second pair of orthotics, other medical grade or OTC products, or measured for diabetic shoes before your deductibles and HSA balances start over in January.



Old-Fashioned Vegetable-Barley Soup



Ingredients:

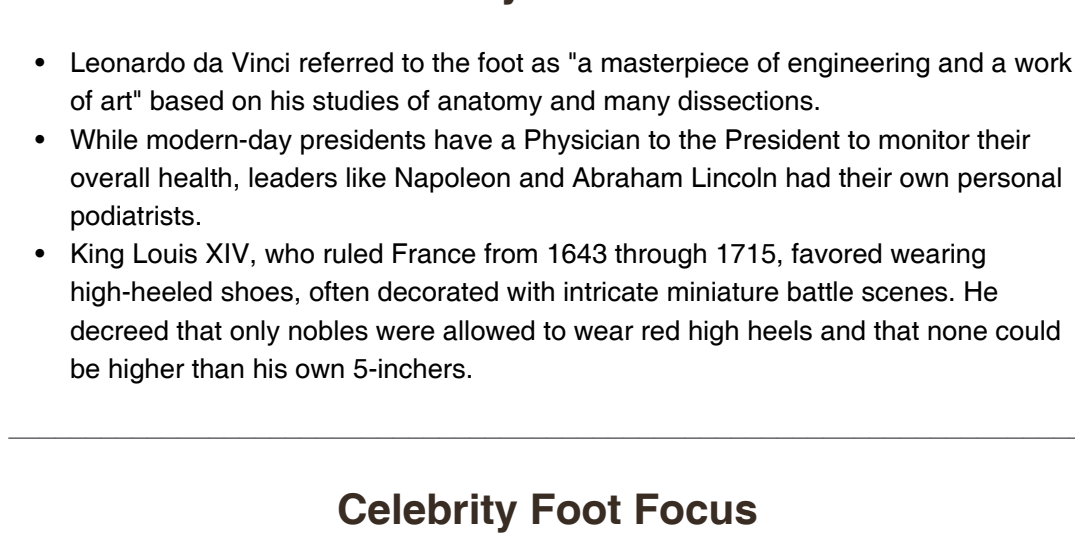
- Cooking spray
- 1 teaspoon olive oil
- 1/2 medium onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 1/2 cups frozen mixed vegetables
- 1 1/2 cups low-sodium vegetable broth
- 1 cup chopped kale
- 1/2 cup water
- 1/4 cup uncooked quick-cooking barley
- 1/2 teaspoon dried basil, crumbled
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

Directions:

1. Lightly spray a large Dutch oven with cooking spray. Add the oil and swirl to coat the bottom. Cook the onion and celery over medium-high heat until golden, about 3 minutes, stirring occasionally. Add the garlic and cook for 10 seconds. Stir in the remaining ingredients except the Parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.
2. Ladle into soup bowls. Sprinkle with the Parmesan.

Servings: 4 Serving Size 1-1/4 cups

Recipe Courtesy of Heart.org



History Footnote

- Leonardo da Vinci referred to the foot as "a masterpiece of engineering and a work of art" based on his studies of anatomy and many dissections.
- While modern-day presidents have a Physician to the President to monitor their overall health, leaders like Napoleon and Abraham Lincoln had their own personal podiatrists.
- King Louis XIV, who ruled France from 1643 through 1715, favored wearing high-heeled shoes, often decorated with intricate miniature battle scenes. He decreed that only nobles were allowed to wear red high heels and that none could be higher than his own 5-inches.

Celebrity Foot Focus

Out of the hundreds of hands and footprints outside Hollywood's Grauman's Chinese Theatre, three horses have imprinted their hooves here: Gene Autry's "Champion", Roy Rogers' "Trigger", and Tom Mix's "Tony."

Trivia:

Wearing tight shoes or high heels can increase your risk of getting a type of tumor in your foot.

- A. True
B. False

Answer: A. True

Morton's neuroma, a benign nerve tumor, is linked to wearing high heels and shoes with tight toe boxes -- so women get it 8 to 10 times more often than men. It's a thickening of the tissue around a nerve heading between the third and fourth toes. The shooting pain feels like stepping on a hard kernel of corn. Another surprising cause: positioning your toes abnormally. Golfers, who twist the foot when swinging, are neuroma prone.

Meet Our Doctors



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